Fitness and Leisure Assessments

A Gillette sports and leisure assessment can help you get on the road to a more active and social lifestyle. A one-hour assessment includes:

- A leisure interest assessment to help identify your interests and abilities, as well as help you make the activities that you already do easier and more enjoyable.
- Recommendations for how you may benefit from leisure physically, emotionally, and socially.
- Information about community resources that will help you locate and participate in these leisure interests.

A more intense and complete fitness assessment is also available. It includes:

- A fitness screening, which assesses your current cardio respiratory fitness level and serves as a baseline against which you can measure progress.
- An individualized fitness plan which is developed with input from the certified therapeutic recreation specialist (CTRS) and you.
- A follow up fitness evaluation, after eight weeks, to give feedback on your progress.

Also available is:

- A phone consultation with a CTRS to answer questions about your progress. The specialist is also available as a resource to work with community programs.

Participating in sports and recreation can be a great way for children and young people with disabilities to stay healthy and to feel good about themselves.

For further information about Gillette’s Therapeutic Recreation fitness program, please call 651-229-3855 or contact us by e-mail at recreation@gillettechildrens.com.